

SWEET DRINKS

Strategies for sweetening your beverages without adding table sugar

Use Fruit!

Fruit does contain sugar, but it's sugar that's part of its natural nutrient package. With whole fruit, you get lots of vitamins, minerals, and dietary fiber along with that sugar. With 100% fruit juice, you get everything but the fiber.

It's a treat to chill or freeze fresh fruit, then drop a few pieces into a glass of sparkling water to add just a hint of sweetness. Try it with melon chunks! Watermelon and honeydew are super tasty options.

It's also fun to find a 100% fruit juice that would compliment a flavor of tea, then top your glass with a splash of juice. For example, a bit of peach juice in a cup of iced mint tea is really top notch. Or a splash of apple cider always goes beautifully with a steaming mug of cinnamon tea.

Add a Bit of Spice:

There are certain spices that add a warm and sweet flavor to any drink. If you'd like to sweeten your beverage without sugar or an artificial sweetener, try adding a pinch of spice. Spices dissolve a bit better in hot drinks than cold, but you can use them in both applications if you start slowly, tasting as you go.

Here are some fun ways to add spices to your drinks...

- Top your latte with freshly grated nutmeg.
- Stir a dash of cinnamon into your morning coffee.
- Add a pinch of cardamom to iced black tea.
- Put a drop of vanilla extract in your next mug of hot tea.

